

Powerful Tools for Caregivers

Are you taking care of an adult relative, partner, friend or parent? We understand how difficult caregiving can be and the many challenges it holds. Powerful Tools for Caregivers gives you the skills to care for yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. We hope that by taking this 6-week workshop, caregivers will be able to better manage emotions, increase self-confidence and self-care behaviors, and use local resources.



The best thing I got out of the workshop was a sense of community. Knowing there are others who face similar challenges, gives you hope to continue facing yours.

- Paula, PTC Graduate



Wednesdays, May 5 - June 9

5:30 - 7 p.m.

1550 W. Craig Rd., Ste. 250
North Las Vegas, NV 89032

Mondays, May 17 - June 28

(No class Memorial Day)

10 - 11:30 a.m.

2651 Paseo Verde Pkwy., Ste. 180
Henderson, NV 89074

Tuesdays, May 18 - June 22

10:30 a.m. - Noon
Zoom

To join this FREE class, please call **702.616.4912**.



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